

November 2018

Professor inspires children through RunJumpThrow



From his office on campus at East Tennessee State University, Dr. Andy “Dott” Dotterweich doesn’t hesitate to recall a favorite coaching moment. Like most who work in education, he has standout memories that anchor his passion for working with kids, highlights that flood his mind to remember a child’s breakthrough or profound realization.

He remembers a surprising moment with an overweight elementary school student, a boy who was struggling but pushing through RunJumpThrow stations at a school event. He was crying. The other kids seemed to be enjoying themselves, laughing and running through the activities with support from the adult volunteers. When approached, the boy told Dr. Dotterweich that earlier, his parents had chastised his weight and said he shouldn’t participate in the program – that he was not capable of participating. Dr. Dotterweich took another look at the teary child.

“He was crying tears of joy - no, *accomplishment*,” he recalls, “because we were out there encouraging him, taking note of what his accomplishments were for himself despite what his entire life had told him.”

This year alone, Dr. Dotterweich has used RunJumpThrow’s offerings to reach over 3,330 children in the East Tennessee area. The program’s customizable elements and core

teachings were a perfect fit for the University’s [Center of Excellence for Sport Science & Coach Education](#) (CESSCE), which operates a U.S. Olympic Training Site.

The center looks for ways to create initiatives that tap into the community and find partnerships that improve the level of coaching and opportunities for physical activities. In a time where many scholastic P.E. programs are losing resources, “Dott” says RunJumpThrow is an invaluable resource to continue adding a physical component to children’s education.

For the complete feature story on Dr. Dotterweich, visit the [USATF website](#).



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RJT 'Teach the Teachers' event at ASAHPERD

In collaboration with our partners at the Lakeshore Foundation, USATF took RunJumpThrow to the 2018 ASAHPERD Fall Conference in Birmingham, Alabama. The Alabama State Association for Health, Physical Education, Recreation and Dance event focuses on the professional development needs of physical educators. USATF offered an opening presentation about the in-school applications for RunJumpThrow and the basis of its teaching outcomes before leading attendees through a mini-RunJumpThrow and staffing a booth throughout the conference, providing one-on-one insight.



About RunJumpThrow

RunJumpThrow (RJT) provides children ages 7-12 an opportunity to learn and practice the fundamental skills of all sports through running, jumping, and throwing. The **RunJumpThrow** core plan includes twenty learning stations for Organizers to choose from. These stations include hurdles, relay races, jumping, throwing, and agility activities. Participants are encouraged to apply the new skills they have learned and to celebrate their accomplishments. For more information about RJT, visit runjumpthrow.usatf.org.